

## Japanese-Style Fried Noodles

In this tasty Japanese dish, cooked noodles are simply tossed in a pan with sautéed vegetables and a small amount of sweet and savory sauce. Mirin and mellow miso combine for a perfect marriage of flavors. Minced scallion adds color as well as fresh crispness.

Cook noodles according to the directions on the package, then rinse under cold running water, drain, and set aside.

Combine miso and mirin in a small bowl. Heat oil in a large skillet, add minced shallot or garlic, and sauté over medium-low heat 1 minute. (Be careful not to brown garlic or it will become bitter.) Add miso-mirin mixture to the skillet, then add noodles and toss to evenly coat. (It may be necessary to add a little water.) Sauté 1 minute more, then remove from heat. Serve immediately with a generous sprinkling of scallion.

### Preparation List:

Serves 2-3

- 8 ounces uncooked udon
- 2 1/2 tablespoons mellow white or sweet white miso
- 2 1/2 tablespoons mirin
- 1 tablespoon light or toasted sesame oil
- 2 tablespoons minced shallot or 2 cloves garlic, finely minced
- Minced scallion for garnish